October 2013 Highlights

“Healthy Me Equal Healthy You”

Community Events

Event: Treat 4 Treat – “A Spook-tacular Event”
Date: Thursday, October 31st, 2013
Time: 6:00pm - 8:00pm
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

A Spook-tacular Event – “Treat 4 Treat”. Join the Bridges team for this family event which is sure to be a great evening for everyone. Kids and adults alike will search for treats in each and every room of the Bridges site. Parents will leave with a bag filled with resources and children will leave with a bag of books, games and other goodies. Don’t miss out on the fun, see you there!!!!

Activities for Parents & Children

Event: ADL - “Be a Friend, Be an Ally”
Date: Saturday, October 5th, 2013
Time: 10:00pm to 12:00pm
Place: Loula V. York Library – 525 Bacom Point Rd

Be a Friend, Be an Ally”- Palm Beach County’s Loula V. York Public library is hosting another exciting community event. “Be a Friend, Be an Ally” is an interactive anti-bullying workshop for parents and children, preschool -12th grade. The workshops are sponsored by the Anti-Defamation League. Adults and children explore the importance of using kind words and actions, and not excluding others in this ADL workshop that concludes in a song that helps participants practice skills to stand up for themselves and others when they notice exclusion and unfairness. Limit of 18. Don’t delay. Reserve your spot today by contacting the library at (561) 924-5928.

Date: Wednesday, October 16th, 2013
Time: 5:30pm – 7:00pm
Place: Loula V. York Library - 525 Bacom Point Road, Pahokee, Fl.

This month we join the Baxter boys and their little sister, Lil, in the adventure of “The Runaway Pumpkin”. Families will join in on the fun that this story offers with a repeated rhythmic chorus that kids will love to chime in on. The excitement continues as we discover how the pumpkin makes its way through the hillside farm and then makes it way inside the house only to discover what Granny is cooking up for Halloween supper. Join the LVY staff and the Bridges at Pahokee family by calling (561) 924-9224 to register.
Event:  National Eat Lunch with Your Child Day
Date:  Thursday, October 17th, 2013
Time:  11:00am – 1:00pm
Place:  Pahokee Elementary School- Café – 360 E. Main Place, Pahokee, Fl.

To celebrate good nutrition and healthy, safe school lunches. Bridges members are encouraged to join their children, the staff and administration at Pahokee Elementary for lunch. This is yet another opportunity to show your children how important school is and that you support them at home and at school. Lunch is on us. For more information, please contact us at (561) 924-9224. Sign up now, space is limited!

Event:  Wee Play for Infants & Toddlers
Date:  Tuesday, October 22nd, 2013
Time:  12:00pm – 1:00pm
Place:  Bridges at Pahokee – 170 S. Barfield Hwy. #102

Find out ways to enhance your baby’s learning experience at this special program for babies and active toddlers. Ms. Jaisy, will model age appropriate, creative activities developed to focus on early childhood skills and concepts in inviting and playful ways for our adult caregivers. For more information, please contact us at (561) 924-9224. Sign up now, space is limited!

Family Literacy

Event:  Family Story Times
Date:  Thursdays, October 3rd – 31st, 2013
Time:  11:00am - 12:00pm
Place:  Loula V. York Library – 525 Bacom Point Rd

October is Hispanic Heritage Month and we invite you to celebrate diversity all month long with us at the library. This month Ms. Ellen will share stories and fun activities that will highlight the music, art, culture & traditions of our Hispanic friends. Story time is presented at 11:00 each Thursday in the Children’s Reading Room at the Library. Preregistration is required. Call (561) 924-5928 to reserve your spot today.

Parent Education & Supports

Triple P (Positive Parenting Program) – Available daily: 9am – 7pm
This program offers effective, practical strategies for preventing or resolving common behavior problems in children. The concept behind Triple P is that by providing parents with the tools that they need to solve their current parenting problems, they will be able to prevent future problems before they arise. Our Parenting Coach offers 1:1 support for parents and/or caregivers of children aged 0-12. The goal of the program is to decrease stress while increasing confidence and competence in parents/caregivers as well as enhancing the parent-child relationship. Stop by or call to learn more! (561) 924-9224.

ASQ-3 (Developmental Screenings) – Available daily: 9am – 7pm
Are you concerned about your child’s development? Would you like to know how your child is doing compared to other children his or her age? Bridges can help. Our Parenting Coach provides 1:1 support to parents to administer the ASQ-3 Questionnaires, addressing five developmental areas — communication, gross motor, fine motor, problem solving, and personal-social—and help even the youngest children develop crucial early language and literacy skills. Each questionnaire comes with activities tied to the age of the child being screened. In completing and reviewing the questionnaire, parents learn about general developmental milestones as well as their own child’s strengths. Parents completing the ASQ-3 will receive suggested learning activities and materials from our lending library that they can use at home. All parents and children are encouraged to participate in our Raise Me Up Activities. Call to learn more! (561) 924-9224.
**Event:** “We are Having a Baby, Will the Fighting Stop?”
**Date:** Thursday, October 24th, 2013
**Time:** 5:30pm to 7:00pm
**Place:** Pahokee Recreational Complex. – 360 E. Main Street

This community discussion is designed to create awareness of Domestic Violence and the impact on the unborn child. Pregnancy is supposed to be a joyful time - a time of peace and safety. For many families, pregnancy marks the beginning of a turbulent and violent time. It's estimated 1 in 5 women will be abused during pregnancy. This casual dialogue will help us to understand the prevalence of domestic violence during pregnancy. We will learn what constitutes abuse, the effects of domestic violence on pregnancies, how to respond to abuse and where to turn to for support if you know someone is being abused. **To join this discussion, get your invitation by contacting one of your Bridges Resident Leader or a Bridges staff member by calling (561) 924-9224.**

**Building Communities**

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**Event:** What 2 Expect When You’re Expecting – “Eat Smart, Be Active”
**Date:** Tuesday, October 1st, 8th, 15th, 22nd, 29th, 2013
**Time:** 5:30pm - 7:00pm
**Place:** Bridges at Pahokee - 170 S. Barfield Hwy. #102

**Eat Smart, Be Active** – The University of Florida EFNEP offers nutrition and healthy eating tips for the entire family. Join us for the 8 week full filled, hands-on series. Each week participants will prepare and taste new recipes and leave each session armed with a new set of kitchen tools. To find out more or just get the facts, call us today at (561) 924-9224. **Get information. Get empowered by calling (561) 924-9224**

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**Event:** Where 2 Turn 2 – “2-1-1”
**Date:** Thursday, October 17th, 2013
**Time:** 5:30pm - 7:00pm
**Place:** Bridges at Pahokee - 170 S. Barfield Hwy. #102

2-1-1 – Connecting People and Community Resources. 2-1-1 is an easy to remember 3-digit number for the residents of Palm Beach, Martin, St. Lucie, Indian River, and Okeechobee Counties. 2-1-1 Palm Beach Treasure Coast offers these core programs, as well as useful information on crisis topics. Use the links below or the menu on the left to explore more about these programs.

- Crisis Intervention
- Helpline - Providing Information, Assessment, and Referral
- New! 211’s Special Needs Helpline
- 211 Teen Hotline
- 211 Helpline for Elders
- Elder Crisis Outreach

211 helpline and crisis line are available to individuals of all ages and are free, confidential, and available 24/7. **To get information call us at (561) 924-9224.**

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**Adult Education**

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**Event:** Family Literacy - “G.E.D.”
**Date:** Monday-Thursday, October 1st – 30th, 2013
**Time:** 9:00am - 11:00am
**Place:** Pahokee Recreational Complex. – 360 E. Main Street

**You Still Have Time to Join.** Family Literacy is an adult education program designed to do three things: (1) develop and increase your English, academic, computer and workforce skills; (2) promote and foster positive parenting skills and; (3) enable you to become a full partner in your child’s education to help your children be successful in school. Registration is now open for G.E.D. classes which are forming in the Pahokee area. The participating parent must register the child/children and escort the child/children to class daily.